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Halifax metro



**Why I stopped
creeping my ex**
metroLIFE

Your essential daily news | TUESDAY, MAY 31, 2016

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NEED FOR SPEED

Halifax police warn against one of the most serious offences a driver can be charged with **metroNEWS**

Traffic on the
Bedford Highway
in this file photo.
JEFF HARPER/METRO FILE

'Anxious to return'

Return to FORT MAC

Nova Scotians eager to help rebuild town

Atlantic Canadians who were forced to flee their homes and jobs in Fort McMurray because of raging wildfires say they're packed and waiting for the green light to head west again.

"I'm very anxious to return. Fort McMurray is home," Melody Rooyakkers, who is from Cape Breton, said Monday.

Officials in Alberta say a phased re-entry of residents into Fort McMurray is on track to begin on Wednesday.

The wildfire that forced more than 80,000 people out of their homes early this month was still officially listed as out of control,

and has burned through almost 5,800 square kilometres.

Rooyakkers said she and her teenaged son Blake want to help with the reconstruction of her hometown. The storage company employee said moving and storage businesses will have a key role to play in the city's rebirth as people return and rebuild.

However, there have been delays as the city checks natural gas feeds, smoke damage and water supplies in the area. Rooyakkers

says she's been told it could be up to two months before her employer is up and running.

In Springhill, Larry Coleman is also awaiting the OK to get back to his job of building

scaffolding for other trades at Syncrude. Coleman said he has no hesitation about returning. "Most of the area of concern is burnt, so it's not going to burn again," he said. THE CANADIAN PRESS

2,300

Almost 2,300 firefighters are still battling 14 active wildfires in Alberta



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Developers seek rezoning

ROCKINGHAM

Seton Ridge project a fusion of parks, retail and housing



Haley Ryan
Metro | Halifax

A Halifax developer says if a Rockingham area is rezoned for development, the future community would have parkland, shops, and not be a "typical suburban subdivision."

Southwest Properties is proposing to amend the Municipal Planning Strategy (MPS) and Land-Use Bylaw to change the Motherhouse lands from institutional-university zoning, to enable a mixed-use project called Seton Ridge on 63.6 acres of land next to Mount Saint Vincent University (MSVU).

"You won't have blank walls. It won't be the type of place that after five o'clock, it's quiet and dead. We see it as a very vibrant place, a place for commercial activity," Eric Burchill, vice-president of planning and development with Southwest, said Monday.

"This would not be your typical suburban subdivision, with single-family homes and cul-de-sacs. This is intended to be very different."

Halifax Regional Municipality held a public meeting on the proposed amendment Monday

evening at MSVU, where Southwest provided details on what Seton Ridge would look like if the development application eventually goes through.

City staff will now put together a report, including the consultation, that will eventually go to regional council for a decision, Burchill said.

Over 10 years, the development would see Seton Road extended from the Bedford Highway to Lacewood Drive with intersection widening and traffic lights installed, local streets created, 161 detached units, 1,600 multi-unit dwellings across mixed-use buildings ranging from six to 20 storeys in height, about 68,890 square feet of retail space, a community centre, plazas, and park areas.

MSVU will see many benefits in the Bishop's Landing-style project, Burchill said, like more student housing, job opportunities at retail spaces, grocery stores like anchor tenant Pete's Fine Foods, and bars turning the university into an "urban campus" where people want to stay after class rather than the current suburban feel where many don't linger.



This is intended to be very different.

Eric Burchill

Although Southwest has been in talks to give the parks to HRM as public lands, Burchill said what the city will accept is "very tightly defined" and staff says a large pond area won't work because only "level and grass" areas are accepted.

"We believe what we're advocating is really in the public interest but to this point we haven't



A rendering for the proposed development. CONTRIBUTED

been able to convince the parkland planners," Burchill said.

The development would mean roughly 3,000 to 4,000 new people in the neighbourhood about seven kilometres from downtown Halifax, which Burchill said is ideal with municipal services already in place. Access to transit and active transportation routes with bike and pedestrian connections means many could go without cars, Burchill added.

"We run into all kinds of challenges because we are trying to break the mould a little bit and we don't necessarily colour within the lines for every technical standard and detail," Burchill said.

"There's a reason why your standard subdivision has come to be — that's because the regulations enable it."



The scope of the area that would be developed near Mount Saint Vincent University. CONTRIBUTED

ONLINE DATING

Male victim robbed at knifepoint



Philip Croucher
Metro | Halifax

Police are reminding those who use online dating sites to take precautions after a man was robbed at knifepoint after meeting with a woman from the popular dating site Plenty of Fish.

Halifax Regional Police say just before 1 a.m. Monday they were called to the area of Kennedy Drive and Caledonia Road in Dartmouth in relation to a robbery and assault.

"(The) victim stated he was robbed by a male and female after meeting the female on Plenty of Fish," a police release stated.

The victim was also punched and suffered minor facial injuries.

The two Dartmouth suspects were arrested and have since been charged.

Heidi Elizabeth Heise, 31, and David George Moriah, 34, are each facing charges of robbery with a weapon. Heise is also charged with one count of breaching a probation order.

In an interview, Const. Dianne Woodworth said it's believed the robbery was a set-up orchestrated through the online encounter.

She said the situation is a reminder for people who use dating sites to take extra precautions, including meeting in a neutral public place, and to tell someone what you are doing.

"We are not blaming the victim here," Woodworth said. "It's just about keeping yourself safe because you don't know these people."

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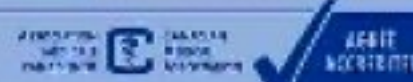
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SAFETY

Lobbyists for the blind aim to ban Segways on sidewalk

Jeremy Mutton
For Metro | Halifax

The local chapter of the Canadian Council of the Blind wants the city to ban Segways on sidewalks and only allow tour groups to buy them.

"A lot of people are saying it's a lot ado about nothing, but the truth of the matter is, Halifax has small sidewalks," Milena Khazanavicius, a spokeswoman for the CCB's Access and Awareness NS chapter, said in a recent interview.

Segways have been legally allowed to be used on roads and sidewalks since May 1, but are required to have a bell, and riders must wear a helmet.

Khazanavicius said she's worried if anyone can ride a Segway, rules will be unenforceable.

She pointed to Boston, which restricted Segways to city-approved routes in 2011, as a model for HRM. In Boston, segways are banned on sidewalks, plazas and parks, except for people with disabilities.

Segway tour operators must also register with the city. The ban also extends to hoverboards

and other personal mobility devices. In an effort to prove the danger, Boston city councillor Sal LaMattina had a city official run into him on a Segway to see if it hurt. It did.

Khazanavicius is more sober in her opposition to Segways. She doesn't want to hurt tour operators' businesses, but said for the blind and partially-sighted, navigating the city requires careful attention.

"Blind and low-visioned individuals, whether we're travelling with a cane or a guide dog, we're constantly on the look out for noises, cars coming out of parking lots, and how to cross the road. I don't need another bell or whistle or something else distracting me from what's happening."

For Max Rastelli, it's a matter of understanding just how nimble the machines are.

"We take their concerns seriously," said Rastelli, co-owner

+ INPUT

Group to meet committee

The CCB was to air their concerns before HRM's transportation committee last week, but the meeting was cancelled. Milena Khazanavicius expects the city to hear their side in the coming weeks. METRO

of Segway Nova Scotia, which runs tours of Halifax.

"They just don't understand Segways — the product, the technology, how they operate, and what they're all about."

Rastelli said existing rules (such as speed limits, pedestrian right of way, and the requirement that riders be at least 16 years old) cover any concerns. He said Segways are "much more manoeuvrable" than bicycles.

“They just don’t understand Segways — the product, the technology, how they operate, and what they’re all about.”

Max Rastelli, co-owner of Segway Nova Scotia

POLITICS

MackKay eyes Conservative leadership

As former Tory cabinet minister Peter MacKay stood at the entrance to his party's policy convention in Vancouver on Saturday, a fellow party member ambled past.

"Good to see you, Peter," he said. "We're waiting for you!"

MacKay laughed but didn't

answer — a response not uncommon in Vancouver these last few days as those considering a run for the Conservative leadership were pressed again and again on when they might make up their minds to run or not.

In an interview with Global

News, MacKay said he was thinking about it.

He said that he did have to think about his young family, which is the reason he gave for stepping out of politics last year ahead of the election.

THE CANADIAN PRESS



Ryan Wolfe is creator and president of Twig-Aid, a new Halifax-based business that offers a unique fix for composite hockey sticks. JEFF HARPER/METRO

Keeping sticks, and kids, in play

SPORTS

Man invents affordable fix for essential equipment

Kristen Lipscombe
Metro | Halifax

Halifax entrepreneur Ryan Wolfe has a unique idea he thinks will "stick" with cash-strapped hockey families.

Wolfe is the inventor of Twig-Aid, a portable tool kit that fixes cracked hockey sticks for a fraction of what it costs to replace that well-broken composite "twig."

"We didn't have a whole lot of money growing up," the 34-year-old from Lower Sackville said Monday of what inspired the stick-saving (and budget-saving) invention. His parents kept a close eye on their wallets so Wolfe and his older brother could keep playing the sport they loved.

Wolfe played midget AAA with the Dartmouth Subways and was drafted by the junior A Truro Bearcats.

"I just know that there (are)

other families out there that are going through the same thing," Wolfe said of the rising costs of hockey, whether it's registration fees, travelling to tournaments or increasingly high-tech equipment.

"They're faced with the question ... 'Are we going to eat tonight, or are we going to buy the new stick for our son, so he can play in the game tomorrow?'"

It's a real consideration for some, with quality composite sticks costing a \$200 apiece.

"I call it a do-it-yourself stick maintenance product," Wolfe said of Twig-Aid, which includes a bag of "metal-ice powder," bottle of specially-formulated glue and sanding disc, all wrapped up inside a plastic cylinder that can fit into the pocket of a gear bag.

"It's not for a complete crack or fracture," he explained, but can be used to fill in smaller imperfections within stick fibres.

"Moisture gets into that crack or fray, and will expand and contract and weakens the stick, and then you go to take a shot, and it busts in two."

Twig-Aid can help prevent that missed shot for an anticipated price of \$19.99 plus

+ MORE INFO

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Visit twigaid.com, follow @twigaid on Twitter and Facebook.com/TwigAid for more information.

METRO

tax, with each kit good enough for up to 10 fixes to keep that stick on the ice.

"You're protecting it from moisture, but you're also structurally enhancing where that crack or fray is."

He sees Twig-Aid becoming part of pre-game rituals, much like taping and waxing the stick is now.

But while he has big dreams for Twig-Aid, Wolfe's business is very much in the early stages.

He works at The Bicycle Thief restaurant by night, but plans to introduce his product at hockey camps in the province this summer.

The former teacher's ultimate vision is to make money while helping the community, with a percentage of proceeds helping families in need pay for hockey equipment.

"The idea is to hopefully, at some point, put money back into the community, to help under-privileged kids stay in hockey."

"I think in this day and age, to not ... be socially responsible with a business is just not good business."

“We didn’t have a whole lot of money growing up. I just know that there (are) other families out there that are going through the same thing.” Ryan Wolfe

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Stunting, don't do it: Police

TRAFFIC SAFETY

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Yvette d'Entremont
Metro | Halifax

If the warmer weather has you itching to get behind the wheel and drive like something out of the Fast and Furious, police have some advice. Don't.

On Sunday, a 20-year-old Halifax woman was charged with stunting after police clocked her going 185 km/h on Highway 101 in Sackville.

Police are reminding motorists that in addition to being dangerous, stunting also carries heavy repercussions for drivers.

"You're putting someone inexperienced at driving at a speed or in a manner that's extremely dangerous and now they're out in traffic on a roadway that's not designed for that kind of speed and in turn putting other motorists and pedestrians at risk," said Const. Will Diaczenko of the Integrated Traffic Unit at the Halifax Regional Police.

"It's pretty much one of the most serious things you can be charged with under the Motor Vehicle Act, so the next big step would be criminal code going to something like dangerous driving."

Stunting is a charge that's automatically laid when a



Sgt. David Reynolds of Halifax Regional Police keeps an eye on drivers along the Bedford Highway. JEFF HARPER/METRO FILE

\$5,870

Motorists convicted of a second stunting offence face a \$5,870.50 fine. A third offence carries a fine of \$11,622.50.

vehicle is travelling more than 50 km/h over the speed limit.

A driver caught stunting is suspended from driving for seven days and is subject to an immediate roadside vehicle seizure.

A first offence also carries a \$2,422.50 fine and six points are assigned to a person's driving record.

"I've charged two people this year with stunting but I've probably seen on top of that six others that I just could not gain access to or in

fact be able to stop," Diaczenko said.

Vehicles involved in stunting range from Audis to Saturns, and Diaczenko said he has stopped people ranging in age from 18 into their forties.

"If you're that apt to want to drive that fast or drive in a manner that would constitute one of these charges, take your car, take your motorcycle, whatever it is, to a place where you can do

+ RESPONSE

Metro readers respond on Facebook to Sunday's stunting incident:

Harsh? Should lose her licence for 2 years. 20 years old. So a new driver. Driving wayyyyyyy faster then she should putting others at risk.

— Stephen Chase

Great job Halifax Police. There are far too many drivers out there who don't care about their speed and safety.

— Jennifer Lewis-Collins

She had passengers, who she was responsible for. At 185 km/hr, she was covering 51.39 meters/second. That's more than half a football field in a second. One slight movement of the steering wheel could have sent her out of control, and there would be many lives destroyed and altered forever.

—Dixie Fitzmorris Dalrymple

that," he said.

"Sign up and go to Scotia Speedworld. Go to Shubenacadie raceway, go to an actual course that's run and set up by professionals to allow you to operate your vehicle in this manner in a safe way."

Between Jan. 1 and May 29, Halifax Regional Police have issued three tickets for stunting in areas they patrol. Statistics from parts of HRM under RCMP jurisdiction weren't available at press time.

CRIME

Man charged with robbery

Police have charged a man with robbing a Dartmouth Ultramar with a needle earlier this month.

At 1:20 a.m. on May 11, Halifax Regional Police said there was a robbery at the Ultramar at 219 Pleasant St., according to a release.

The suspect entered the business, produced a needle and demanded money from the cashier.

The incident was handled by the General Investigative Section and on Friday 23-year-old Nathan Jeremy Downing was arrested outside a Primrose Street apartment building. He was held for court and is scheduled to appear in Dartmouth provincial court Monday on charges of robbery, disguise with intent, possession of a weapon for a dangerous purpose, and one count of breaching a probation order. METRO

IN BRIEF

Police banking on public's help in ATM robberies

Two bank machines broken into just minutes apart in Halifax appear to be connected, police say.

The first incident happened just after 5 a.m. Sunday at Spring Garden Place when two men were spotted breaking into an ATM. About 10 minutes later, police were called after a security officer came upon two men fleeing the Maritime Centre on Barrington Street. METRO

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SACRIFICE THROUGH THE AGES PAST AND PRESENT UNITE ON MEMORIAL DAY Members of the King's Orange Rangers reenactment group, above, stand at attention during Memorial Day ceremonies on Deadman's Island Monday. On right, members of the U.S. Navy from the USS New Mexico bow their heads in a moment of silence. Deadman's Island in Halifax is the final resting place for nearly 400 prisoners of war from the War of 1812. JEFF HARPER/METRO



Trouble raising sub standards

NATIONAL SECURITY

Just one good vessel ... but we are fixing this, says navy chief

Canada is still months away from having battle-ready submarines on both its West and East coasts, says the navy's commander.

During an interview aboard the navy's only operational submarine — the Halifax-based HMCS Windsor — Vice-Admiral Mark Norman said British Columbia-based HMCS Chicoutimi

will be operational by early next year. Norman said a problem with welding on HMCS Chicoutimi as well as HMCS Victoria was discovered late last year.

He said the welding work was done by a subcontractor that was hired by a contractor working on both Victoria-class submarines as well as some surface ships in Victoria, B.C.

The welds were passing inspections, but the navy did not realize at the time that the inspection process itself was flawed, said Norman.

"In this case, we relied on a series of contracted support systems that didn't deliver what we needed from them. So we've

+ \$750M BUT BLIGHTED BY PROBLEMS

Lots of strife under the sea

Canada's four long-range, diesel-electric submarines were bought from the Royal Navy in 1998 for \$750 million, but the transition to full Canadian Navy operations has not been smooth. Only one

tightened up our processes and the good thing is that we found it and we're fixing it," said Norman during an interview aboard HMCS Windsor as it sailed 57 metres below sea level off the coast of Halifax.

of the subs is operational following years of setbacks, including a fire aboard HMCS Chicoutimi in 2004 that killed Lt. Chris Saunders. HMCS Corner Brook hit the ocean floor during training exercises off Victoria in June 2011.

"It's important that we learn these lessons, but it's unfortunate that we have to learn them the way we have."

Norman said a complete audit was conducted and the subcontractor has agreed to fix

roughly 70 problem welds on HMCS Chicoutimi, but that process will take several months.

He said HMCS Chicoutimi will be fixed first, followed by HMCS Victoria, which is currently being used for training purposes. The navy's fourth sub — HMCS Corner Brook — is undergoing deep maintenance.

Norman said as long as the West Coast is without an operational sub, Canada is letting down its American allies.

"The submarine is an important part of not only the defence of North America, but it's also an integral part of how we work with the United States in everything from training exercises to

pre-deployment mission readiness," said Norman.

Canada spends roughly \$200 million a year on maintaining the submarines, said Norman.

Submarines are integral to Canada's navy fleet because they are the "ultimate guarantor of maritime sovereignty".

"A country that has the largest maritime estate in the world, and that has interests well beyond our borders and our continent, should have a tool in its toolbox that can declare exclusive control over a piece of water at a time and place of its choosing, and that's what a submarine gives you," he said. THE CANADIAN PRESS



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WAVE ENERGY

Tide now turning in push to harness power of Bay of Fundy

They flank the bay that is home to the highest and strongest tides in the world, but for hundreds of years Nova Scotia and New Brunswick have struggled to channel the awesome might of the Bay of Fundy into tidal power.

Aspiring entrepreneurs have tried everything from mill wheels in the 1600s to turbines in the 2000s, only to have their hopes dashed and devices casually battered by the water's crushing force.

There has been limited success. In 1984, a form of hydro-electric dam was built at Annapolis Royal. The 20-megawatt plant is one of only three tidal power plants in the world.

However, the next generation of projects is set to launch

and onlookers say it's time for the tide to turn.

Stephen Dempsey, executive director of the Offshore Energy Research Association, says an international push to produce electricity without increasing carbon emissions has come as land-based wind energy projects are harder to develop, making tidal energy the new frontier in renewable energy.

He says engineers around

“It's happening in Europe and it's happening here at the same time.”

Stephen Dempsey

the world are poised to learn from and overcome the obstacles revealed in 2009, after OpenHydro and Nova Scotia Power deployed a one-megawatt turbine in Minas Passage to capture the powerful in-stream flow of the tides.

The speed and power of the water was so massive during that pilot project that the 12 two-metre blades were snapped off the 400-tonne turbine as the tides took their toll.

"The coastline pinches in to about five kilometres across and the water speeds up, and you've got about 14 billion tonnes of water moving over five metres a second," explained Matt Lumley of the Fundy Ocean Research Centre for Energy.

THE CANADIAN PRESS

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The man who saved Anzac

Return to **FORT MAC**

Community was considered safe, but it was overrun



Ryan Tumilty
Metro | Edmonton

The fire that consumed Fort McMurray has often moved at breakneck speed, pushing into neighbourhoods and overwhelming firefighters. It has jumped fire breaks, crossed rivers and burned through areas considered safe.

Anzac, the tiny hamlet south of Fort McMurray had been a safe haven for evacuees, but in just a few hours on May 4, the community was nearly overrun.

When the community needed to exit in a hurry it was Dale Bendfeld, who made the call and evacuated 450 people in three hours.

For McMurray fire chief Darby Allen, has repeatedly rejected the label of hero for himself, but he was eager to



Evacuees look on as the wildfire approaches Anzac, Alta. The community had to be evacuated in a rush. KEVIN TUONG/FOR METRO

label Bendfeld, the community's director of protective services, as one.

"We didn't think there was a fire in Anzac that night and we found out in a hurry that there was," said Allen at a news conference earlier this month.

Allen gives full credit to

Bendfeld for getting people out of that community in time to avoid any loss of life.

"With a couple of people and a flashlight he evacuated 450 people in two hours, that is true heroism," said Allen.

Bendfeld, not surprisingly, downplays his role.

"It's not just me and this flashlight. It is about everybody coming together and getting people out," he said.

Bendfeld does agree with Allen that the fire's move toward Anzac caught people by surprise. The community is 50 kilometres from Fort Mc-



Dale Bendfeld
METRO

Murray and Bendfeld said he drove over just to discuss the possibility of an evacuation in the days ahead, but when he arrived he knew it couldn't wait.

"The whole horizon was nothing but smoke and flame," he said.

Bendfeld said they had to move past bringing in transit buses and getting all the resources they could to move 450 people.

"Within the three hours it was already in the back yards of some of the homes," he said. "You could see the flames already in the community."

In Anzac that night and throughout the crisis, Bendfeld said people just did what had to be done. He said none of what has gone on would have been possible without people eager to work together.

"A lot of community spirit helped that," he said. "People were taking care of neighbours and that was phenomenal."

WILDFIRE

2,000 can't go home until fall

Alberta Premier Rachel Notley says up to 2,000 evacuees expecting to move back to their homes in fire-damaged Fort McMurray this week will not be able to do so until possibly September.

She says more than 500 homes and about a dozen apartment complexes that escaped a wildfire earlier this month in three otherwise heavily damaged neighbourhoods are not safe to be lived in yet.

She says that conclusion was reached with health experts following tests on air, soil, ash and water.

"Unfortunately, I have to report today that the outcome of these tests indicates that undamaged homes in certain neighbourhoods are not immediately safe for reoccupation," Notley said Monday.

"More than 500 homes that were not damaged by fire have been determined to be unsafe for habitation at this time."

THE CANADIAN PRESS

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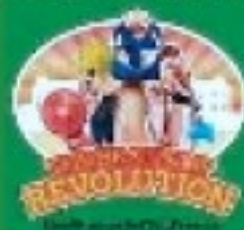
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ANIMALS

Ducks' tale has happy ending



Shane Gibson
Metro | Winnipeg

A group of newly hatched ducklings that got stuck after falling into a sewer in Winnipeg over the weekend have been reunited with their mother thanks to a

group of neighbours.

The neighbours called a local wildlife rescue organization after noticing the mother duck working frantically to free her ducklings from a sewer drain.

By the time a rescue volunteer got out to the scene, the group of neighbours had managed to

free the ducklings, but mother had flown the coop.

After having no luck searching for mom, the baby ducks were packed up into a box to be taken to the Wildlife Haven Rehabilitation Centre, but at the last second, momma duck returned.

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Home renovations made easy

Traditionally, home improvement projects are a complicated affair, but CASE Design/Remodeling makes it easy for people. This is because it handles everything in house, from design, budget, materials selection and construction.

"People are dealing with one provider and the benefit is you have the construction minds involved with the design team early on," said co-owner Maurice Meagher, who owns the business along with his wife, Wendy.

By having one provider handle everything, it ensures all of the different tradespeople working on a project are on the same page and that what is being proposed at the design stage is realistic for the construction people to build. This approach also helps ensure that budgets are adhered to.

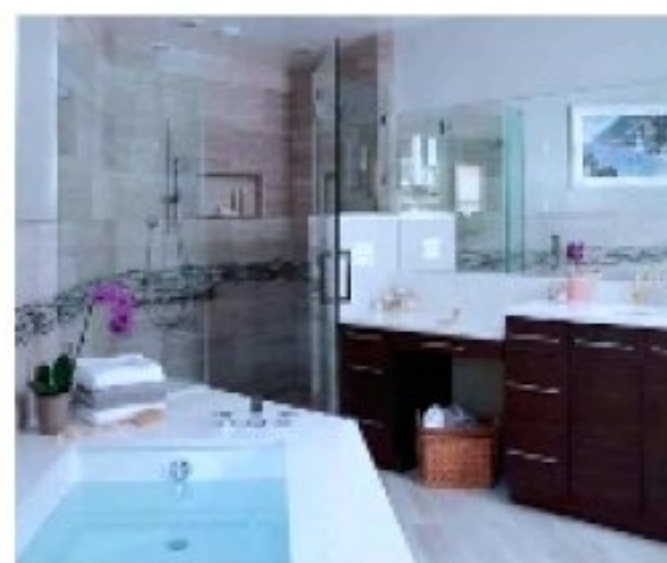
CASE specializes in renovation projects

for kitchens, baths, additions, basements, master suites and remodelling.

Once a layout is proposed, CASE provides its clients with full-colour renderings of what is being envisioned, bringing life to the idea.

When it's time to pick out the finer details – such as cabinets, countertops, lighting flooring, paint, tile and trim – CASE's designers provide their clients with the options so they can make the selections.

CASE is a member of the Better Business Bureau and has an A+ rating. The company has won more than 100 local and national awards for its work. It is licensed and carries \$2 million of liability insurance. CASE stands behind its work and offers an industry-leading two-year warranty.



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Fueling comfort for over a century

Born in the heart of Nova Scotia, Wilson Fuel Co. Ltd. has been keeping Nova Scotia families warm and comfy for more than 100 years. They started as a family-run coal company in Truro in 1909, created to heat the buildings the former Wilson Construction Company built. They were the only company to transition from coal to oil while remaining independent of multinational oil companies. This was when they adopted their current name, Wilson Fuel Co. Ltd.

As times changed, Wilsons dropped coal and began offering propane and heating equipment to customers. Now an eighth generation family business, Wilsons has grown to be a leading independent fuel oil and propane supplier in Nova Scotia with

Wilsons Home Heating offices in Truro, Halifax, Bridgewater, and Kentville. They've also expanded to include gas stations under the Wilsons Gas Stops banner, and security for homes and businesses with Wilsons Security.

Wilsons wouldn't have been able to get to 100 years without the support of their customers and communities, so at Wilsons they highly value being involved in the communities they serve, work and live in. Giving back and having a philanthropic mindset is a quality of Wilsons that every employee embraces and lives by every day when they come to work. Thank you to their customers for their continued loyalty — they look forward to serving you for years to come!

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Now is the perfect time to spruce up the outside of your home. Paint and stain not only beautify your home, they also play a major role in the protection of your structure. Without a good water tight seal, wooden substrates could rot and lose all their structural integrity.

Take some time to closely examine the outside of your house. Check all caulked areas to ensure it is still doing its job. Over time, caulk loses its flexibility and bond and water can get behind it. Correct it early to avoid problems.

Check your painted surfaces thoroughly. If the paint is flaking, chalking, cracking or fading, these are all signs that it may be reaching the end of its useful life. It is often less expensive to catch it early and repaint before it gets out of hand.

Outside deck structures are the most difficult areas to protect and will require the most maintenance. When re-staining, know what you have done in the past and be sure



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that what you intend to do now is compatible. Follow the directions on the label and keep a good pictorial journal. Make sure the wood is sound and dry and remember that preparing the surface first is essential. Do your homework; it's a big job and in our damp Nova Scotia environment, decks will require work every few years.

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Halifax's Greek food pioneers

Athens Restaurant is a family business in every way you can imagine.

"This is a family restaurant for families run by a family," said owner Evangelos Panopolis.

The business was started in downtown Halifax by his parents in 1982, but moved to Quinpool Road in 1996. Panopolis' parents, Sam and Areti, still come to the restaurant every day at 6 a.m., even though they're "retired."

Athens Restaurant was one of the pioneer restaurants that introduced Greek cuisine to Halifax.

Greek food is known for its use of fresh and flavourful ingredients, as well as its health benefits. Mediterranean diets are considered among the healthiest in the world.

The restaurant mainly serves Greek food and its specialties are souvlakia, available in pork, chicken, lamb or shrimp. The kleftiko, a lamb dish, is also quite popular, as is the mousaka, which consists of layers of eggplant, zucchini, potato, spiced ground beef, and topped with béchamel sauce.

Athens Restaurant also carries some non-Greek food.

"My dad makes a chicken parmesan and lasagna that is second to none," said Panopolis.

The restaurant even serves a clubhouse



CONTRIBUTED

sandwich, which faithful regulars who went to the original location still eat to this day.

Panopolis plans on continuing his family's legacy and says his daughters will one day work at the restaurant, just like he did growing up.

"My oldest, once she's 12 or 13, she'll be bussing tables here," he said."

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BUSINESS THE FAMILY WAY



SPONSORED CONTENT

BUSINESS - THE FAMILY WAY

Cresco makes it a priority to give back to the community

As one of HRM's most-established builders, Cresco doesn't just build homes, it builds communities — and not just in the literal sense.

Some of the communities in which it has built homes include Russell Lake West in Dartmouth and The Ravines of Bedford South. These well-established communities are family oriented and planned out to include details such as amenities, ample green space, and room for families to live active lifestyles.

Whether it's a young couple purchasing their first home, a growing family, or buyers looking to downsize, Cresco never loses sight of the importance of accommodating diverse needs and desires.

"They put a lot of thought into creating a community for every family, something everyone would enjoy," said Breanne Markotich, Cresco's customer experience coordinator.

While Cresco is an award-winning builder, most people aren't aware of how

much it gives back to the community, says Markotich. She says this focus comes from the company's two principals.

Hossein Mousavi co-founded the company in 1989, with Taleb Abidali joining the company five years later. Both immigrated to Canada, a country that has given them so much, so they make it a priority to pay it forward, Markotich says.

Over the years, Cresco has helped the community in a variety of ways. They have built lottery homes for the IWK Foundation, Metro United Way, Saint Mary's University, and currently for the QEII Foundation.

As well, Cresco made a \$200,000 donation to the Dalhousie Medical Research Foundation.

For this fall's Light The Night Walk in Halifax, a fundraiser for the Leukemia and Lymphoma Society of Canada, Cresco will be entering a team in hopes of raising at least \$5,000 for the cause.

Cresco also sponsors local events such as the IWK Telethon, Prismatic Festival,



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"WE'RE VERY KEEN ON GIVING BACK TO THE COMMUNITY WHICH IS WHY OUR SLOGAN IS #CRESCOCARES"

— Breanne Markotich, Cresco customer experience coordinator

Halifax Greek Festival, Lebanese Cedar Festival, Bedford Days, and many other cultural organizations and minor sports teams. To date, Cresco has raised over \$50,000 for "Bowl For Kids Sake" for Big Brothers Big Sisters.

"We're very keen on giving back to the community which is why our slogan is #CrescoCares," said Markotich.

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BUSINESS - THE FAMILY WAY

A proud sign-making heritage

New Century Signs brings new meaning to the words family-run business. In business for almost 25 years, owner/operator Chris Jeans is a third-generation member of the Jeans family to work in the sign business.

His grandfather owned a sign business in Sydney, and he learned the trade from his father and an uncle. These days, New Century Signs employees include a son, an inlaw, some nephews and a cousin.

Signage is a vital part of any company's marketing and serves to help identify where a business is located, as well as bring in new customers. A sign is a reflection of a company's branding, so it's vital that the sign reflect that.

New Century Signs is a full-service sign company that helps businesses look their best and has in-house professional designers who turn visions into reality.

With its state-of-the-art facility, the company does work throughout Atlantic Canada. New Century Signs creates visually compelling signage in a variety of forms, such as illuminated signs with LED lighting, free standing or roadside signs, promotional banners and vehicle wraps. New Century Signs also makes heritage-type signs, which can be sandblasted or carved with gold leaf,



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and provides an elegant look that stands out.

New Century Signs also offers installation and repair service with its fleet of bucket and boom trucks.

The fourth generation of the family is looking forward to bringing in another century of successful business.



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BUSINESS - THE FAMILY WAY

Your locally-owned and operated hardware store

The idea of buying local sometimes comes with the notion that you'll have to pay more, which is something Jason O'Hearn disagrees with.

"We don't think you should have to pay more to buy local," says the second-generation owner of LumberMart, a hardware store with locations in Spryfield and Burnside. "Just because we're a local, independent, family-run business doesn't mean you're going to pay extra here."

The company does twice-monthly price checks with other hardware retailers to ensure its prices are the best.

LumberMart is a part of the TIM-BR MART buying group, which has 700 members across Canada, making it collectively the largest buyers of building materials in Canada. This helps ensure LumberMart gets great prices on the goods it purchases.

The locally-owned and operated business was started by Fred and Lynn O'Hearn in 1984, while the Burnside location opened in 2001.

Many of LumberMart's employees are ex-contractors and all have been cross-trained in the store's different departments, so you'll receive exceptional service from somebody who'll know the answers to your questions. This experience sets LumberMart apart as a retailer who can help you manage your complicated home improvement projects.

For small contractors, this is a huge bonus for them as time is money and they need to be in and out of a store as quickly as possible, says O'Hearn.

LumberMart recently completely revamped its website, lumbermart.ca, making it more user friendly and intuitive.

"Everything we sell is essentially on there," says O'Hearn.

One of the other benefits of doing business with LumberMart is its LumberMart Rewards Program.

People who sign up for the free program have their purchases tracked on a quarterly basis. If they hit certain thresholds, they



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will receive credits for future LumberMart purchases.

LumberMart also offers seniors discounts to members of its 60+ Seniors Club. Even better, the program applies to each day the store is open — and not just one day a week.

LumberMart also offers Air Miles Rewards Miles.

Whether you need the goods in a few days or in a rush, LumberMart has a delivery solution for you and has an in-house fleet of trucks at the ready.

Nova Scotia's premier destination home and garden centre



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At Oceanview Home and Garden Centre, it doesn't take long to realize it's a family-owned and operated business.

You're pretty much guaranteed to run into the owners, Ken and Susan Mosher, or one of their kids while there.

Many of the staff members have been there for years, so they too are a part of the family.

Located in Chester, just 2.5 km from exit 8 on Highway 103, Oceanview has all of the products you need to keep your lawn or garden in top shape, and carries

many rare and unusual trees, shrubs, annuals, perennials and statuary.

Oceanview also includes a landscaping design, installation and maintenance wing.

The Oceanview team is dedicated to educating its customers and helping them find the perfect plants for their specific needs.

"We're very familiar with everything we sell," said Ken. "We use a lot of the products personally."

Adding to Oceanview's appeal as a destination is the fact it also carries recycled plastic furniture, decorative hooks, fairy garden supplies, pet items, signs, wall art, wind chimes, flags, kitchenware, beautiful ladies clothing, jewelry and so much more.

Oceanview is pet friendly — one customer even brings her parrot there.

Now that the weather has warmed up, Oceanview has extended hours and is open Monday to Friday from 8 a.m. to 8 p.m., Saturdays from 8 a.m. to 6 p.m., and Sundays from 9 a.m. to 6 p.m.



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20 x 20	\$5,497	24 x 30	\$7,497
20 x 24	\$5,997	30 x 40	\$9,797

Loft Garage

SIZE	Material Kit	SIZE	Material Kit
24x24 w/12 ROOF	\$8,499	24x30 w/12 ROOF	\$11,997
24x24 w/12 ROOF	\$10,497	30x30 w/12 ROOF	\$14,997
24x30 w/12 ROOF	\$9,497	Many more sizes available... see store for details	

DECKS

Terra Brown

Kaki Green

SIZE	Kaki Green	Terra Brown
8 x 8	\$499	\$569
8 x 10	\$599	\$664
8 x 12	\$664	\$728
8 x 16	\$854	\$937
8 x 20	\$1,044	\$1,139
10 x 12	\$818	\$897
10 x 16	\$1,044	\$1,139
10 x 20	\$1,263	\$1,396
10 x 24	\$1,519	\$1,671
12 x 16	\$1,168	\$1,282
12 x 20	\$1,462	\$1,586
12 x 24	\$1,690	\$1,899

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BUSINESS - THE FAMILY WAY

CANADIAN-MADE FURNITURE AND GREAT CUSTOMER SERVICE

At Nieforth Furnishers, you won't have any problem finding Canadian-made furniture.

"About 90 per cent of what we carry is Canadian made," says co-owner Brad Nieforth.

The locally-owned and operated retailer's focus is on providing middle to upper-end domestic furniture. It carries furniture for one's bedroom, dining room, living room, as well as accessories. In business since 1938, Nieforth Furnishers is located in downtown Dartmouth at 35 Portland St. and is still in its original location.

Originally established as a radio repair shop, it later began selling radios, musical instruments, records, and small and major appliances. Around 1957, it started selling furniture.

With an 8,000 square foot retail space, Nieforth Furnishers offers great selection, but customer service is what really sets it apart.

"You're dealing with the owners when you come in and see us," says Nieforth.

As well, should there be a warranty issue, the matter will get resolved promptly. Nieforth has been dealing with suppliers for decades and knows them well.

"You're bringing your problem right to the person who can solve it," he said. "We're there to



CONTRIBUTED

listen and to resolve things."

One of Nieforth Furnishers' specialties is custom orders. Numerous customizations are available from the different manufacturers, including changing things such as the upholstery, wood stains, and leg and pedestal styles.

Nieforth Furnishers is open six days a week. On Mondays through Fridays, it is open from 9:30 a.m. to 5:30 p.m., while on Saturdays, it is open from 9:30 a.m. to 5 p.m. The business also offers free delivery for purchases that are within 30 miles of the shop.



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Nothing more inspiring than happy customers

As a local business, Oh My Sole! Footwear & Orthotics began in the mid-1990s at the Lord Nelson Hotel as part of Curwin Health and Sport.

The business was started by Gregg Curwin, who owns and operates it along with his wife, Tracy.

Keith Cameron, certified pedorthist (CPedC), says some of the warning signs of foot problems are pain in the feet, knees, hips or back.

If you're having problems with your feet, Oh My Sole! offers solutions for your

footwear, orthotics, custom and off-the-shelf orthopedic bracing, and compression therapy (an elastic stocking that is worn to help restore blood flow and circulation in the foot or leg).

Over the years, the business has been fortunate to hire some wonderful staff and prides itself on pursuing the proper "fit" when hiring.

Many of its staff are kinesiology grads and all have undergone rigorous training programs.

They're able to develop solutions for

clients with common foot health problems, while the certified pedorthists on staff can specialize in treating more serious foot ailments.

If mobility issues are preventing you or someone you care for from coming into Oh My Sole!, they will come to you within metro to do an in-home fitting.

Oh My Sole! is grateful to have such loyal customers that come back again and again. It constantly strives to provide the best possible service and accessibility to all clients.



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Trusted service in the community for 45 years

At Ronald A. Walker Funeral Homes, it doesn't see the families it serves as their customers — it sees them as their community, their friends and neighbours.

Now celebrating 45 years of deep roots in the community, Ronald A. Walker learned the profession from his father who operated funeral homes in the Halifax area.

In 1971, Ron began his business in Hubbards with his wife, Deborah, where they raised their family and were active in their community.

In 1999, the business expanded and added a location in Upper Tantallon. Its central location makes it well suited to serving the St. Margarets Bay, Halifax, Bedford and Sackville areas.

Ronald's daughter, Rhonda, has joined the business and works alongside her father as a licensed funeral director and embalmer.

Ron and Rhonda are proud to be one of the few family-owned and operated funeral businesses in the metro area.

"We're family owned, family operated and family focused," she said. "You can count on us

to be available for your family 24 hours a day and at a moment's notice."

Ronald A. Walker Funeral Homes is committed to offering their clients one-on-one attention and providing them with personal, respectful service at what is a difficult time.

Rhonda points to the fact people don't have to choose from among a set of packages to have a service performed.

If your wishes are for a traditional service, memorial service, basic cremation or something else altogether, the Ronald A. Walker Funeral Homes offer modern visitation rooms, a chapel, and reception facilities that will achieve your vision of a comfortable and meaningful tribute. Both locations also feature lots of parking.

On its website, rawalker.ca, Ronald A. Walker Funeral Homes offers a virtual tour of its two locations.

For any questions on funeral services or pre-planning, contact the funeral home directly, where a licensed funeral director can personally assist you.



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Rhonda L. Walker
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Ronald A. Walker Funeral Homes
Family Owned and Operated Since 1971

An 'Iron Dome against hatred'

HAND IN HAND

School brings together Israeli and Palestinian children

The news from Israel is often bad: attacks on Jews by young Palestinians and reprisals by Israeli forces. Expanding settlements in the West Bank. Escalating fear and hostility. Plummeting prospects for peace.

But a group of dedicated educators is working to bring the two sides together — not at the bargaining table, but in the school room.

"We're giving hope where leaders have failed," says Mohammad Marzouk, director of the community department for the bilingual and bicultural Hand in Hand schools.

"A kindergarten child goes to an Arabic or Hebrew school and never experiences the existence of children on the other side. This ignorance of the other creates mistrust and fear," he says.

Marzouk and Rebecca Bardach, Hand in Hand's director of resource development and



Hand in Hand runs six schools, boasting some 1,320 Jewish and Arab Israeli students. CONTRIBUTED

strategy, are in Toronto on a tour. "Hand in Hand is my Iron Dome against hatred," says Bardach, referring to Israel's missile defence system. "I can't change what is happening politically, or the minds of people who hate each other. But I believe we can overcome that sense of helplessness with understanding."

Hand in Hand, boasting some 1,320 Jewish and Arab Israeli

students, and a lengthy waiting list, was founded in 1998 with one school in Jerusalem. It has now expanded to six.

The security wall between Israel and the Palestinian territories is physically and psychologically divisive, says Bardach. But the two separate language streams of the Israeli school system are a "huge contributing factor" to mutual misunderstanding

between Jews and Arab Israelis.

"Children aren't growing up learning about differences, what we have in common and building common ground," she says.

Not so in Hand in Hand schools, where children are taught by Hebrew and Arabic-speaking teachers.

They partner with children who speak the other language, and study together. They also

learn the missing links in mainstream curriculums — the other's religion, culture, food, daily life and history. Elements that allow them to see their counterparts as fellow humans rather than enemies.

Outside the classroom they play together, picnic together and celebrate each other's holidays.

They and their parents have weathered nearly two decades of anger, violence, war and political outbursts in the world around them, including a 2014 firebombing of the Jerusalem school by Jewish extremists.

The traumatic event shook parents and children. But they were helped through it by the school's tradition of unflinching dialogue on the events around them.

The success of the Hand in Hand community has led to expansion, but on a shoestring. Its \$9 million-a-year budget is financed by the Israeli government and private donations. Scholarships are available, but fees are \$1,200 a year. "Not easy to afford" in Israel, Bardach admits.

Both she and Marzouk believe it's worth the investment, and each has enrolled their own children. TORSTAR NEWS SERVICE

CINCINNATI ZOO

Advocates criticize gorilla killing

Dozens of animal rights advocates and others held a Memorial Day vigil at the Cincinnati Zoo in remembrance of a gorilla that was fatally shot to protect a 4-year-old boy who entered its exhibit.

The male western lowland gorilla named Harambe was killed Saturday by a zoo response team that feared the boy's life was in danger.

Anthony Seta, an animal rights activist in Cincinnati, called the death "a senseless tragedy" but said the purpose of Monday's vigil wasn't to point fingers. Rather, he said, it was a tribute to Harambe, who turned 17 the day before he was shot.

People have taken to social media to voice their outrage about the killing. A Facebook page called "Justice for Harambe" was created Saturday night, along with online petitions and another page calling for a June 5 protest at the zoo.

THE ASSOCIATED PRESS

EQUALITY

'They're hunting for us': Trans teens fearful amid bathroom wars

When Lucas Rixon has to go to the bathroom, the guys know what to do. They come with him, no questions asked.

Sometimes they enter the facilities too. Sometimes they stand sentry at the door. At any public place in Greenville, N.C., two or three straight cisgender teenagers turn into bodyguards for their transgender buddy.

"Because they're terrified for me," Rixon, 17, said over the phone. "And I'm terrified for myself." He has felt particularly endangered since March. That's when his trips to the toilet be-

came the subject of a state uproar and then a national uproar.

Communities across America are suddenly in the grips of emotional battles over whether transgender people, especially students, should be allowed to use bathrooms that match their gender identity. Once a little-noticed sideshow to seismic fights over gay and lesbian rights, the bathroom wars have sprung to the fore as other disputes have faded and transgender advocates have become more visible and more vocal.

Social conservatives have

lost clash after clash during the Obama era. In school bathrooms, they have found an issue on which they can win. At least temporarily.

Acceptance of transgender people lags far behind acceptance of gays and lesbians. Polls suggest a slight plurality of Americans, about 45 per cent, thinks people should be forced to use the bathroom corresponding to their sex on their birth certificate.

The Christian right found a model for victory last year in Houston. Seeking to repeal a



A gender neutral sign is posted outside a bathroom in Durham, North Carolina on May 11, 2016. GETTY IMAGES

city anti-discrimination law that prohibited discrimination the grounds of sexual orientation and gender identity, conservatives ran a fear-mongering referendum campaign focused on the slogan "no men in women's bathrooms." They prevailed.

Seeing opportunity, Republicans have this year pushed "bathroom bills" in more than 15 states. North Carolina is the only state to pass one so far.

Social conservatives continue to insist that nobody is truly transgender, that tens of thousands of teenagers like Rixon

are just "searching." Tanya Ditty, Georgia state director of the evangelical group Concerned Women for America, said discarding your birth sex is akin to "erasing what a loving God has designed."

The Obama administration issued a letter implicitly threatening to deny funding to school districts that don't let transgender students use bathrooms matching their gender identity. Eleven Republican-led states are now suing, arguing that the directive "has no basis in law."

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Debt affects mental health

STUDENTS

Schools beefing up services for those impacted

Many of this year's new post-secondary graduates have left the academic world carrying tens of thousands of dollars in debt. Meantime, those heading to college and university this fall will soon contend with steep tuition rates that often result in a similar burden.

While schools attempt to lessen the load by offering financial aid, average student debt appears to be climbing. So some institutions are also responding by beefing up their mental health services to help students cope with life in the red.

"We're worried about one type of debt — student debt — and we want to know how to pay it off as quickly as possible," said Dillon Collet, who is about to enter his final year at the University of Toronto's faculty of law and sat on the dean's advisory committee on financial aid.

The committee organized a financial aid workshop that discussed the psychology of debt. It

was well-attended, Collet said, with about 60 students in the room and a lineup outside.

Estimates suggest average student debt in Canada is past the \$25,000 mark.

In 2013-14, graduates finished school with an average of \$12,480 in federal loan debt, according to numbers from the Canada Student Loans Program.

However, that figure doesn't include provincial or private loans. The Canadian University Survey Consortium surveyed more than 18,000 graduating university students from 36 Canadian universities for its 2015 annual report. The average debt-ridden student owed \$26,819.

Such a debt load can have an impact on a student or graduate's mental health, though only a small amount of published research exists on the apparent link.

“We’re worried about one type of debt — student debt. Dillon Collet

A 2015 journal paper analyzed data from a U.S. Bureau of Labour Statistics survey of more than 8,000 youth in the United States — where tuition fees are signifi-

cantly higher than in Canada — to determine if debtload and psychological well-being were connected.

"Students who took out more student loans were more likely to report poor mental health in early adulthood," said one of the paper's authors, Katrina M. Walsemann, an associate professor at the University of South Carolina.

Canadian experts have also noticed a link, even though Canadian students don't generally go into as much debt as their American cohorts.

Jillian Yeung Do, York University's director of student financial services, witnessed it while working with a student. While she couldn't provide much detail for privacy reasons, she said she became really concerned about a student.

"After that encounter, I decid-

ed that it would be a good idea to ... be trained in having these conversations with students," she said.

THE CANADIAN PRESS



The average debt-ridden student owed \$26,819, according to Canadian University Survey Consortium. Such a debt load can have an impact on mental health. iStock

IMD

Canada down in competitive ranking

A plunge in commodity prices hurt Canada as it fell to 10th place in the latest rankings of business competitiveness by the IMD World Competitiveness Center, its worst position in several years.

The Swiss-based group, part of the IMD business school, ranked Canada in fifth place last year.

The drop came as the downturn in commodity prices hits the economy hard and dragged down its ranking in several key categories for economic growth.

"I think most of the major issues that originated the drop in the ranking are external to Canada, something that is out of the control of policy-makers at the moment," said Jose Caballero, senior economist at the IMD World Competitiveness Center.

The rankings, which judge a country's ability to create and maintain an environment that helps businesses remain competitive, are based on both statistical data as well as an executive opinion survey. THE CANADIAN PRESS



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ROSEMARY WESTWOOD ON THE TORIES' NEW POLICY DIRECTION

The low support for banning gay marriage underlines two facts, one hopeful, and one troubling: Most Canadians, even the religious, appear to have moved on. And yet, a sizable portion refuse to.

People, no matter how empathetic, generally find other people confounding, perhaps especially their beliefs. Relevant to today: the belief that same-sex marriage is wrong.

This weekend, watching Conservatives celebrate their party's move towards the Canadian consensus on same-sex marriage felt like time travel. It'd been so long since anyone seriously debated it that I hardly remembered an anti-same-sex-marriage stance was still in their party platform. The apparently dramatic, emotional vote during the Conservative's Vancouver convention led to many odd questions. Hadn't we settled this a decade ago, both through numerous court rulings and the passage of the Civil Marriage Act? And hadn't that been too long in coming as it was? So how could such a move, then, bring some to tears?

Fully 70 per cent of Canadians support same-sex marriage, according to a 2015 Forum Research poll, while only 22 per cent disapprove. That's less than the number of Catholics in the country (38.7 per cent of the population), never mind the myriad of other

faiths that may traditionally object to LGBTQ rights. The low support for banning

gay marriage underlines two facts, one hopeful, and one troubling:

Metro POLL

The Conservative same-sex pivot

The Conservative convention in Vancouver began last Thursday with Stephen Harper saying his formal goodbye, and ended on Sunday with the party having decided it was time to drop its opposition to gay marriage. Coincidence? Who can say? We asked, "Does the Conservatives' move to support gay marriage change your opinion of the party?" Here's how you responded:

53% No. This is just window-dressing. I still don't trust them.

16% Yes. It's not enough for me to support them, but I appreciate the gesture.

14% No. I was with them before and I'm still with them.

9% Yes. This decision makes me lose respect for the party.

8% Yes. I'd consider voting for them now.

It's a step in the right direction, but it's also an insult that the step is so small.

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While I wanted to be offended that Conservatives could congratulate themselves at being 10 years late, I find myself fostering a sense of wary support.



City's relationship with developers too important not to be discussed

HALIFAX MATTERS

Stephen Kimber



It's fair to say no one likes Halifax's development planning process.

Consider developer Joe Metledge, who successfully sued the city over its flip-flopping on his St. Pat's-Alexandra School redevelopment project. During a recent breakfast meeting of developers, planners and lawyers, Metledge complained about the city's failure to defend his industry against the "demonization of development and developers."

The featured speaker was Bob Bjerke, the city's chief planner, who said he "occasionally heard people speak not entirely positively of the planning department" either.

Those speaking ill include people like architect Grant Wanzell, a member of the Willow Tree Group, a citizen's coalition concerned about the city's skyscraping plans for the Robie-Quinpool neighbourhood. Citizens, says Wanzell, have been "over-consulted but not listened to."

He says the department ignored the city's own regulations on building height and destiny as well as clearly articulated citizen opposition to adjacent twin-tower project proposals for Robie Street and Quinpool Road. Worse, he adds, a staff report on redeveloping the former St. Patrick's High School site nearby refers to those tower projects — still under review — "as if they were already precedent" for whatever is proposed for St. Pat's.

The planning department recently reorganized to become "good partners in directing investment in city building in Halifax."

If that sounds like an attempt to curry favour with developers, a recent staff report is even more so, arguing for changes to public input in the process to make it less "adversarial" — using more web pages and social media, for example, to reduce what Coun. David Hendsbee dismissed as public "pitch and bitch" sessions.

The real issue, notes Dartmouth Coun. Gloria McCluskey, is not that residents are frustrated because they have to devote so many week-nights to discussing development proposals but because "absolutely nothing" changes, no matter what they say.

Halifax is in the messy middle of the Centre Plan consultation, an attempt to figure out the future look and feel and face of the 33 square kilometres known as the regional centre (peninsular Halifax and Dartmouth), which is home to almost 100,000 people, not to forget the downtown core, the harbourfront, universities, hospitals, neighbourhoods ...

Halifax, of course, is also at the benign beginning of its every-four-year municipal election campaign.

We need to talk about things that matter.

Stephen Kimber is a professor of journalism at the University of King's College in Halifax and an award-winning writer, editor and broadcaster. Halifax Matters runs every Tuesday.

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Researchers find link between "alcohol identity" on social media and problems with drinking.



In taking this one-week no-creeping experiment further, I had avoided not only my ex, but also the social media accounts of my friends.
Ofelia Legaspi

Ofelia Legaspi says many of the misunderstandings in her failed relationship stemmed from her social media creeping. Now wiser, she proposes having a mutual agreement to block your partner on social media. TORSTAR NEWS SERVICE

Cyber creeping: A gift and curse

PERSONAL ESSAY

A breakup calls for a social media detox but at what cost?

Ofelia Legaspi
For Torstar News Service

For one week, I quit cyber-creeping.

Fine, I'll back up a step. Let it be permanently known, in the annals of the easily searchable Internet, I once, out of youthful indiscretion, "creeped" the World Wide Web.

To me, this was never an issue. I see Facebook, Twitter and Instagram as an ecosystem of mutually nourishing connections. Memes give my mundane Mondays meaning. I can feel less guilty about not checking in with family for weeks at a time because they at least know I'm eating well from the looks of my Instagrammed salad. Social media is a beautiful thing — but, one day, I wanted nothing to do with it.

It all started when, five days before moving in with my boyfriend, he and I called it quits. Naturally, it happened at a wedding (open bar, vows encompassing one's lifetime).

My ex belongs to a curious sector of millennials who don't

have Facebook. Instead, he opts for Twitter. Over the course of our relationship, I couldn't help but read into his tweets, feeling there were "subtweets" about our arguments. To add insult to injury, I scrutinized every person he followed, wondering if they were someone a respectable professional and/or committed man would follow.

I could have asked him, sure. But because I covertly obtained this information, I feared bringing it up lest I be accused (quite accurately) of creeping.

And so, after our breakup, I knew what I had to do: block him on Twitter.

The medium, for me, was like having a superpower and, like many gifted fictional characters, I had come to learn this gift could be a curse. For once, I didn't want to know what was on my ex-boyfriend's mind, or comb through our tweets from better times. I just wanted to heal without the 140-character assault of nostalgia eroding what flimsy progress I made.

And, by kicking the creeping, I realized that many of the misunderstandings in our relationship had been because of the knowledge, however unreliable, I'd gleaned from his tweets — knowledge I'd burdened myself with. Instead of coming to me, he would take to Twitter.

Instead of coming to him, I would parse his tweets for

subtext. Our lack of communication and the passive-aggressive way we had dealt with our frustrations had rendered our relationship doomed from the start.

However, in taking this one-week no-creeping experiment further, I had avoided not only my ex, but also the social media accounts of friends. And I did miss the multimedia experience of connecting with people who I didn't wish to quit: the illustrated updates of my friends' meals ("I've perfected the tri-berry smoothie!"), Soundcloud links to someone's hour-long take on The Hateful Eight and photos of my proliferating clan's pink little newborns.

Cyber-creeping isn't always a pleasant journey, but it is always life-affirming. Without lifelines like my lifestyle bible, Instagram, I found it hard to launch my butt from bed to barbell bench because I felt alone in my struggles to be healthier. I found that I mostly creep to get out of my head and affirm my shared journeys with others.

My colleague suggested something curious and a bit extreme that I want to leave you with: have a mutual agreement with your partner to block each other's social media accounts. It's an insane idea.

And it just might be crazy enough to work.

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Female sports pros pressured to look as good as they play

Eugenie Bouchard's battle with an eating disorder is a common affliction for women at the top of their sports, experts reveal

Eugenie Bouchard recently said she found it hard to keep food down when she was in the sports spotlight last year. MATTHEW LEWIS/GETTY IMAGES

Eugenie Bouchard's admission that she battled an eating disorder during her precipitous fall in the women's tennis rankings came as no surprise to one former Olympian who now works as a sports psychology consultant to some of Canada's top athletes.

Former elite runner Penny Werthner says female athletes are held to a much different standard than their male counterparts.

"The women athletes are criticized for what they wear, what they look like, whether they're fat or not," said Werthner, also dean of the faculty of kinesiology at the University of Calgary.

"When was the last time

someone commented on what (Novak) Djokovic looked like? Or (pointed out that Rafael) Nadal is short?"

Bouchard revealed earlier this week that she suffered from an eating disorder brought on by "a lot of pressure" following her 2014 breakthrough, when she finished the year ranked seventh in the world.

The career-high came after her loss to Petra Kvitová in the Wimbledon final and semi-final appearances at the French Open and Australian Open.

The success of that season quickly launched her to tennis superstardom, drawing cameras, media and fans wherever she went.



“Women athletes are criticized for what they wear, what they look like, whether they're fat or not.”

Penny Werthner

But the streak didn't last. Her first match after the Wimbledon final was the Rogers Cup in Montreal, where the hometown favourite disappointed with a 6-0, 2-6, 6-0 loss to 113th-ranked qualifier Shelby Rogers.

It didn't get much better as the year wore on. Her ranking plummeted to 48th at the end of 2015.

Bouchard now says last year also featured a private battle to maintain her weight.

"I just felt so nervous, it was hard to eat before matches and sometimes at other meals, just hard to keep it down. I didn't try to lose weight, but it definitely happened. It was definitely a cause of the stress. I've learned a lot from it, and I know I just have to force food

down my throat even if I feel sick because I am burning so many calories."

Werthner says the push to succeed is especially hard in tennis because it's a solitary sport and comes with the added pressures of courting sponsors and endorsement deals.

She said it can be especially hard for women to rebound from a loss because they tend to take failures personally, while men will sometimes place the blame elsewhere.

"You lose a match and then you lose a little bit of confidence and then maybe an eating disorder comes out of that or maybe it comes out of something else in her life that's not directly related to competitive

sport," said Werthner.

Bouchard, currently ranked 47th, was eliminated from the French Open Thursday after a second-round loss to Tímea Babos.

Marbella Carlos of the National Eating Disorder Information Centre in Toronto says eating disorders are common in "esthetic sports" like dance and gymnastics. She said tennis players also battle social stigmas that have nothing to do with their abilities.

"Even though they're elite athletes and do these incredible things with their bodies they're still looked at through a sexualized gaze, that definitely could have contributed as well," she said. THE CANADIAN PRESS

RESEARCH

Mother's fruit consumption linked to higher IQs in babies

A Canadian study, published in the journal *EbioMedicine*, has found that women who ate more fruit during pregnancy had children with higher IQs at one year old.

In a recent study, Canadian researchers from the University of Alberta found that one of the factors contributing to improved cognitive development in children was the amount of fruit their mothers ate during pregnancy.

The scientists studied 688 one-year-old babies, who were controlled for factors otherwise affecting their learning

and development, such as family income and parental education.

They found that the mothers who ate six to seven portions of fruit per day — including juices — had children with IQs six or seven points higher on the standard scale at one year old.

"We know that the longer a child is in the womb, the further they develop — and having one more serving of fruit per day in a mother's diet provides her baby with the same benefit as being born a whole week later," explains

6 or 7

Mothers who ate six to seven portions of fruit per day — including juices — had children with IQs six or seven points higher on the standard scale at one year old.

AFP

Dr. Mandhane, the study's senior author.

In spite of their discovery, the researchers warn pregnant women against going

overboard on fruit, which contains fructose, as this can lead to complications such as gestational diabetes and high birthweight.

These initial findings will be followed up by more research, investigating whether the positive effects of fruit consumption on cognitive development persist in children over time. The scientists also plan to study the impact of fruit consumption on cognitive functions such as planning, organizing and working memory.

AFP



Improved cognitive development in children has been linked to how much fruit their mothers consume while pregnant.

ISTOCK

If your friends take risks, you will too

RESEARCH

Peer pressure very real when it comes to thrill seeking

Why do we sometimes take big risks — like skydiving or moving across the country — and other times play it safe? It could be thanks to our peers, suggests research from the California Institute of Technology that looks at the potentially “contagious” nature of risk taking.

The study looked at how 24 volunteers responded when asked to choose between taking \$10 and making a risky gamble with a potentially higher payoff and found that, when the volunteers had previously watched a risk-taking peer, they were more likely to make the risky gamble themselves.

The findings reveal how passively observing others can influence someone's risk-taking behaviour, says Shinsuke Suzuki, a post-doctoral scholar in neuroscience and first author of the study.

So why the contagious effect?

It might be because our neural response to risk is changed by watching others, Suzuki says, but it's an open question as to what psychological factors are driving it.

It's worth keeping in mind that this study is small, and it doesn't mean we're totally hard-wired to mimic daredevil friends. Still, it does line up with research out of Temple University in Philadelphia, which found people sometimes take more risks when they're around their peers, particularly in their younger years — which probably comes as no surprise to anyone who knows a teenager.

Cognitive psychologist Andreas Wilke, an associate professor at Clarkson University in New York, says modern risk-taking research shows people might be willing to take risks in one area, but not another. In the presence of their friends, men are also more likely to take risks, Wilke notes, and single guys are more likely to make risky moves than coupled-up men. “When heterosexual males are given the opportunity to take risks, they like to advertise potential skills and fitness benefits to others, saying, ‘Ladies, I might



Ottawa resident Robyn Baldwin, left, is a self-described adrenalin junkie, and says her risky-but-fun pursuits are often done with friends. CONTRIBUTED/TORSTAR NEWS SERVICE

be a good potential partner to mate with,” he says.

Our collective desire to take risks stems from humanity being a highly social species. “I might take a risk to impress someone, ... but my judgment of a risk, I might take from my social circle,” Wilke explains.

Even something terror-inducing — like bungee jumping or sky diving — might not seem so scary when we're surrounded by peers. “If I see all my close friends get a total joy out of that, I might be more willing to join in,” Wilke says.

Of course, there can be a

downside since risks, Wilke notes, can be potentially dangerous or even deadly. But we're a highly social species, so the good news is taking risks with friends or loved ones can bring us closer together. “Friendships might be strengthened,” Wilke says.

TORSTAR NEWS SERVICE

+ DIVING IN

Pals who skydive together stay together

Ottawa resident Robyn Baldwin is a self-described alpha female and adrenalin junkie, and says her risky-but-fun pursuits — like bungee jumping and zip-lining — are often done with friends.

Last year, alongside a close high school friend and his girlfriend, Baldwin went skydiving for the first time at Skydive Toronto, and says the experience was emotional but “amazingly fun.” Taking the plunge was her idea, she says, and she would've gone alone if needed.

Still, Baldwin says risk-taking with friends encourages her to try things she might not be comfortable to do on her own. “It creates more active friendships,” she says.

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Spanish basketballer Pau Gasol is considering not playing at the Olympics because of the Zika virus

Pens draw first blood

NHL PLAYOFFS

Bonino scores winning goal in late stages of third period

Nick Bonino scored the winner at 17:27 of the third period as the Pittsburgh Penguins edged the San Jose Sharks 3-2 on Monday night in Game 1 of the Stanley Cup final.

Bonino deposited Kris Letang's feed from the corner. Letang managed to elude the defence of Brent Burns, who lost his stick moments earlier.

Bryan Rust and Conor Sheary also scored for the Penguins, who host Game 2 on Wednesday night at Consol Energy Center.

GAME 1 In Pittsburgh



Tomas Hertl and Patrick Marleau found the back of the net for the Sharks.

Matt Murray stopped 24 of 26 shots for Pittsburgh while Martin Jones made 38 saves.

It was all Pittsburgh in the early going. Playing their first Stanley Cup final game since 2009, the Penguins got the first



Penguins Ben Lovejoy, left, and Carl Hagelin swarm Nick Bonino after his game-winning goal against the Sharks on Monday night. KEITH SRAKOCIC/THE ASSOCIATED PRESS

good chance of the game in front of a home crowd clad in bright yellow shirts and waving towels of the same colour.

Patric Hornqvist nearly banged in an attempt thrown to the front of the net from the corner of the Sharks zone while charging towards the goal.

It was just the start of the Penguins onslaught in the first, one

that saw them outshoot San Jose 15-4 with loads of speed while landing a pair of goals in quick succession.

Rust, who scored twice in Game 7 of the Eastern Conference final, was the first to beat Jones, racing into the Sharks zone before finding teammate Justin Schultz trailing on the play. Schultz's shot attempt from

high in the slot bounced off the left glove of San Jose defence-man Marc-Edouard Vlasic with Rust pouncing on the puck as he crashed the net.

Sheary joined Rust on the scoresheet 62 seconds later after taking a pass from Sidney Crosby, who raced deep into the left corner for a free puck. The Penguins captain then flung a hard

backhand pass across the ice to Sheary, who beat Jones high into the far corner.

A different road team emerged in the second, firing eight of the first nine shots and scoring three minutes into the period. Hertl cut the deficit to a goal. The Sharks tied it up late in the period on Marleau's fifth goal of the playoffs. THE CANADIAN PRESS

HOCKEY

Expenses divide NHL and Olympics

NHL commissioner Gary Bettman said NHL participation in the next Olympics would likely hinge on money.

In his annual state of the union address at the Stanley Cup final, Bettman said the league and NHL Players' Association might have to reconsider their participation in the Olympics if the International Olympic Committee went ahead with its threat of not paying out-of-pocket expenses for NHL players.



Gary Bettman GETTY IMAGES

"Among the various things that have to be covered, whether it's transportation or insurance or accommodation, it's many, many, many millions of dollars," Bettman said.

IIHF president Rene Fasel recently revealed that the IOC and their president Thomas Bach aren't interested in paying costs that have been covered for the past five Olympics.

THE CANADIAN PRESS

+ EXPANSION

Bettman said the NHL's Board of Governors would meet in Las Vegas prior to June 22 NHL awards with a decision on expansion.

MLB

Goins, Estrada lead Jays over Yankees

Shortstop Ryan Goins had a double and a home run to back a solid performance by starting pitcher Marco Estrada as the Toronto Blue Jays topped the New York Yankees 4-2 on Monday night.

Edwin Encarnacion had a double and two runs batted in for Toronto (27-26). Estrada (3-2) pitched eight scoreless innings, giving up three hits and striking out six. Aaron Loup started the ninth on the mound for the Blue Jays, but gave up a two-run



Marco Estrada GETTY IMAGES

homer, with Drew Storen coming on to close out the game and earning the save.

THE CANADIAN PRESS

IN BRIEF

Harvey dominant as Mets edge White Sox

Matt Harvey rediscovered his form with seven dominant innings of two-hit ball, Neil Walker homered off Jose Quintana, and the New York Mets beat Chicago 1-0 Monday to send the reeling White Sox to their seventh straight loss.

Harvey, who was booed off of his home field two weeks ago after a horrible outing, struck out six to win for the first time since May 8. THE ASSOCIATED PRESS



I don't know how possible that is, but it's our jobs to figure it.

Raptors GM Masai Ujiri on trying to keep both free agents, DeMar DeRozan and Bismack Biyombo.



NBA PLAYOFFS WARRIORS HEADING BACK TO FINALS

Stephen Curry had 36 points, eight assists and five rebounds as the Golden State Warriors topped the Oklahoma City Thunder 96-87 in Game 7 of the Western Conference final to cap a comeback from 3-1 down in the series and set up an NBA Finals rematch with the Cleveland Cavaliers.

ANDREW BERNSTEIN/NBAE VIA GETTY IMAGES

RECIPE Best Fish Sandwich



PHOTO: MAYA WISNIE

Ceri Marsh & Laura Keogh
For Metro Canada

If the crunchy fish in this sandwich weren't so good I'd say it's all an excuse for its seriously addictive spicy mayo.

Ready in
Prep time: 5 minutes
Cook time: 10 minutes

Ingredients

- 2 Tilapia filets
- 1/4 cup corn meal
- salt and pepper
- 1/4 tsp chili powder
- 1 Tbsp vegetable oil
- 1/4 cup fresh parsley, chopped
- 4 buns
- 4 romaine leaves, chopped
- 2 tomatoes, sliced
- 1/2 cup mayonnaise
- 1 Tbsp ketchup
- 3 tsp Sriracha

Directions

1. Spread corn meal evenly on

a plate and toss in salt and pepper, chili powder and parsley until it's all combined. Spread the mixture evenly on a plate. Press the fish into the corn meal and turn over, press the other side into the corn meal.

2. In a good sized pan, heat some vegetable oil to medium heat. Place your fish down in the pan. It will take about 5 minutes on the first side and only about 3 on the other.

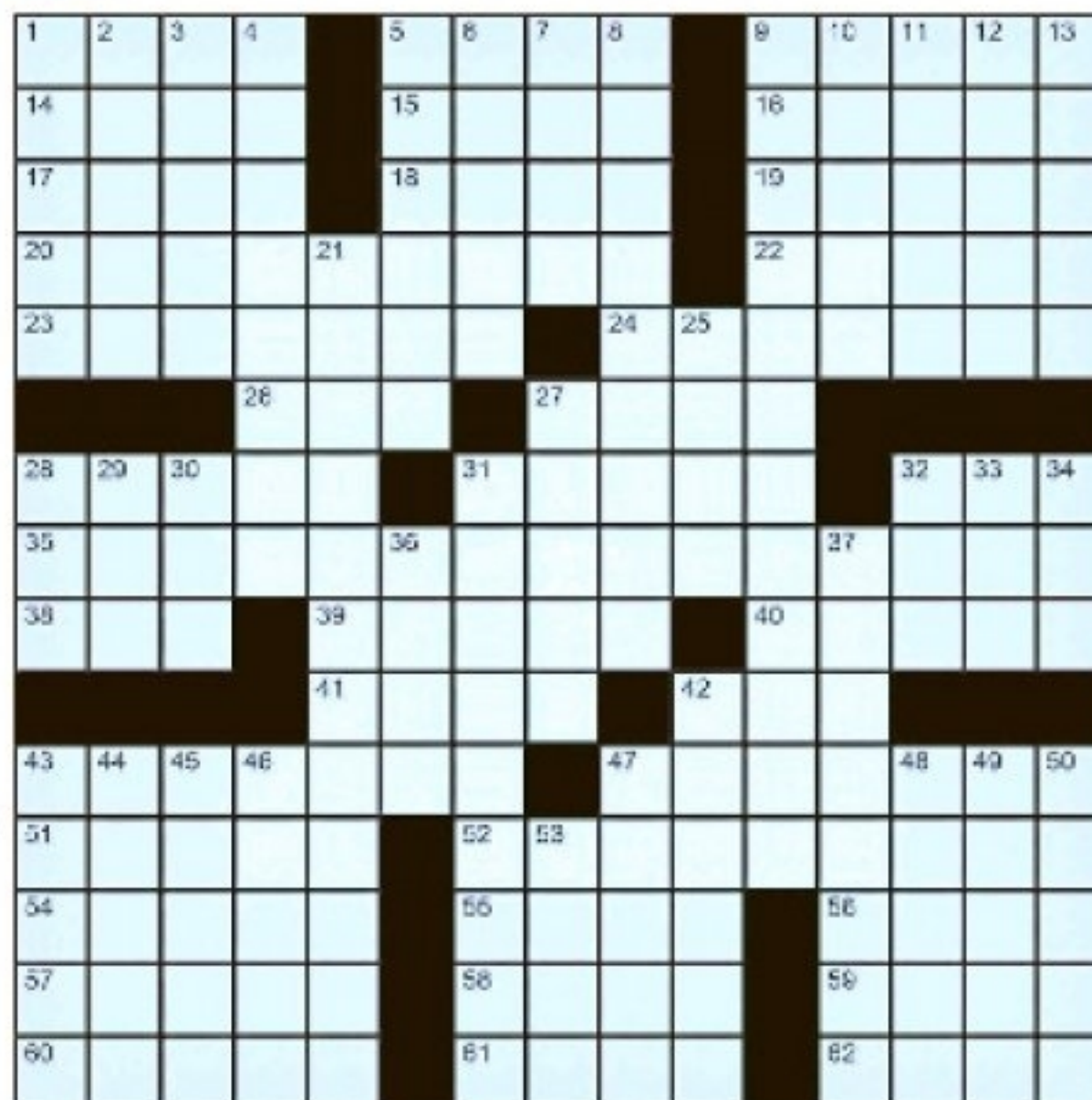
3. While your fish is cooking, mix up your mayo, ketchup and hot sauce in a small bowl.

4. Check your fish. The corn meal will be crusty and the fish should be opaque. Break your fish into large pieces. Slice open your buns and spread mayo on each side. Place your chopped lettuce down, then fish, then tomato.

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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS

1. Q. "___" a way to abbreviate Anchorage's state? A. "Indeed."
5. Music key, ___.
9. Switchblades
14. Rib or tibia
15. Dallas Cowboys quarterback Tony
16. 'Don't play' musical direction
17. Live ___ (Rustic wooden table feature)
18. Literary collection [abbr.]
19. Dior perfume, J'___
20. With-a-bowl utensil
22. Jumpy
23. Kleenexes
24. Underwater chamber in bridge construction
26. #49-Down's frequent co-star ...her initials-shares
27. Tee-er's averages
28. "M*A*S*H" role, Lieutenant Colonel ___
31. Biblical measure of length
32. Welcome ___
35. Ottawa is the hub of it: 2 wds.
38. It's 'in'
39. Short-tailed weasel
40. Boston's NBA team, commonly
41. Chuck
42. Photo
43. Alter the mould
47. Overdoes it with showing off
51. Survey answer selection
52. Medieval armour: 2 wds.
54. Get ___ of

(Contact)
55. ___ grievance (Complain)
56. 'Sound'-meaning prefix
57. Big cat in "Ice Age: The Meltdown" (2006)
58. ___ Ted (Mr. Cruz to Donald Trump)

59. Internet pub.
60. "Vamoose!"
61. '___ and Found'
62. Unappreciative utterance

DOWN

1. "___ be goin' now."
2. "Me too": 3 wds.

3. AC/DC lead guitarist Mr. Young
4. Memento
5. Curtains
6. Vintage music LPs
7. 9:00 ___ 5:00pm (Office hours)
8. Explorer who voyaged to the East

Coast via The Matthew: 2 wds.
9. 2016 Census: Wayne R. Smith, Chief ___ of Canada
10. Devil's domicile
11. Showbiz legends
12. Left-hand page
13. Alexander ___ Winnipeg-born

hockey star
21. Level of fame achieved by Celine Dion
25. Seed covering
27. Transformation-stage insects
28. Texter's good chum
29. Ms. Michele
30. Sum up
31. Reason to say "Just made it": 2 wds.
32. Rich money amt.
33. Play's scenes grouping
34. Writer Mr. Eliot, et al.
36. On
37. Legendary Chief of the Shawnee who allied with Britain during the War of 1812
42. Flexible
43. Routes
44. Moral principle
45. Horse hoof handler
46. Honi's comic strip mother
47. Anna of "Brokeback Mountain" (2005)
48. Ruth's mother-in-law in the Old Testament
49. Ms. Fey's
50. Trudges
53. "___ Silver!" ("The Lone Ranger" opening exclamation)

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
It's a good day to make long-range plans for the future. It's also a great day to schmooze with siblings, relatives and neighbors.

Taurus April 21 - May 21
You might work alone or behind the scenes today to do some financial planning regarding inheritances and shared property. This is a good money day for you!

Gemini May 22 - June 21
Enjoy interacting with others today, because everyone feels friendly. Partners and close friends are supportive to your goals now, which is reassuring.

Cancer June 22 - July 23
Personal details about your private life might be made public today. No worries; everything looks positive. You make a great impression on bosses and VIPs today.

Leo July 24 - Aug. 23
If you can travel today, you will enjoy it, because you want a change of scenery. Grab any opportunity to educate children today; this, too, will be rewarding.

Virgo Aug. 24 - Sept. 23
You will make headway today with shared property, inheritances, taxes and debt. You might see a way to better secure your home and family. Bosses and VIPs will go along with what you want.

Libra Sept. 24 - Oct. 23
You have to compromise somewhat dealing with others today, because the Moon is opposite your sign. Fortunately, everyone will be cooperative!

Scorpio Oct. 24 - Nov. 22
You are industrious and productive today because you want to get better organized. In particular, you want to be more on top of bills, expenses and your financial scene.

Sagittarius Nov. 23 - Dec. 21
This is a playful, fun-loving day! Take time out of your day to have some fun. Enjoy sports events, social outings and time spent with children. Someone older might help you.

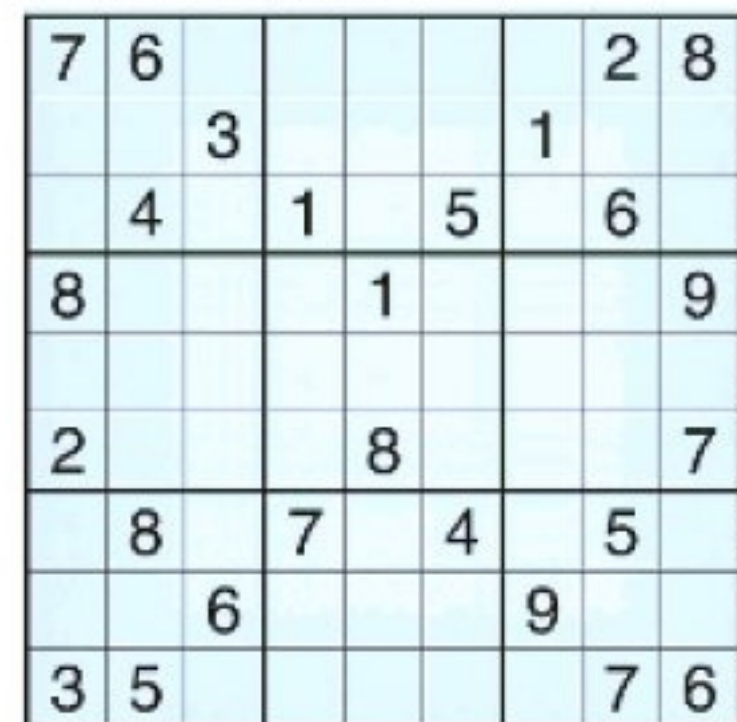
Capricorn Dec. 22 - Jan. 20
Assistance from someone might help you to entertain people at home today. Either way, you can do something that will solidify or secure your home base in a nice way.

Aquarius Jan. 21 - Feb. 19
This is a great day to make some long-range plans and have serious discussions with siblings, relatives and neighbors. It's a good day to plan a future social outing.

Pisces Feb. 20 - March 20
Look for ways to boost your income today, because you might do this. Whatever you do will impress bosses, parents and people in power. Looking good.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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YR	MODEL	KM	PRICE
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YR	MODEL	KM	PRICE
2013	AUDI Q5 2.0T	76,815	\$37,900*



YR	MODEL	KM	PRICE
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YR	MODEL	KM	PRICE
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YR	MODEL	KM	PRICE
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YR	MODEL	KM	PRICE
2015	LANCER RALLIART	24,846	\$31,900*



YR	MODEL	KM	PRICE
2014	ROGUE 2.5L	27,977	\$29,900*



YR	MODEL	KM	PRICE
2011	OUTBACK 3.6L	81,312	\$22,995*



YR	MODEL	KM	PRICE
2013	LEXUS RX350	58,629	\$37,995*



YR	MODEL	KM	PRICE
2012	VOLVO S60 T6 R	87,122	\$24,995*



YR	MODEL	KM	PRICE
2012	BMW X5	100,636	\$32,995*



YR	MODEL	KM	PRICE
2013	ACCORD	41,230	\$23,995*

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